

February Zumba Fitness & STRONG 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Class Details
1	2 Zumba 9:30AM Laurie/Lisa	3 Zumba 7:30PM Laurie/Lisa	4 STRONG 9:30AM Laurie/Lisa	5 Zumba 7:30PM Laurie/Lisa	6	7	First Class FREE! \$8/Class or 10 Session Punch Card \$55 STRONG Nation Classes: Bring a Mat, Light Hand Weights & Gloves Recommended cabarrusdance.com 704-782-1915 
8	9 Zumba 9:30AM Laurie/Lisa	10 Zumba 7:30PM Lisa	11 STRONG 9:30AM Laurie/Lisa	12 Zumba 7:30PM Laurie/Lisa	13	14♥	
15	16 Zumba 9:30AM Laurie/Lisa	17 Zumba 7:30PM Mardi Gras Class!  	18 STRONG 9:30AM Laurie/Lisa	19 Zumba 7:30PM Laurie/Lisa	20	21	
22	23 Zumba 9:30AM Laurie/Lisa	24 Zumba 7:30PM Laurie/Lisa	25 STRONG 9:30AM Laurie/Lisa	26 Zumba 7:30PM Laurie/Lisa	27	28	